

Holiday seasons and the celebrations that come with them are difficult for people in recovery. Many things can happen to increase the risk of relapse. **Review the list below and check the items that might cause problems for you and your recovery program during the holidays. Then total up the number of checkmarks and assess your relapse risk below:**

- ☐ More alcohol and drugs at parties
- ☐ Shortage of money because of travel or gift buying
- ☐ More stress caused by hectic pace (for example, traffic, crowds)
- ☐ Normal routine of life interrupted
- ☐ Stopping exercise
- ☐ Not going to AA meetings
- ☐ Not going to therapy
- ☐ Party atmosphere
- ☐ More contact with family
- ☐ Increased emotions from holiday memories
- ☐ Increased anxiety regarding triggers and craving
- ☐ Frustration of not having time to meet responsibilities
- ☐ Coping with “New Year’s Eve” type occasions
- ☐ Extra free time with no structure
- ☐ Other: _____

Mild: If you checked one to three items, the holidays produce only a slightly increased risk of relapse.

Moderate: If you checked four to six items, the holidays add a lot of stress to your life. Relapse risk is related to how well you cope with increased stress. Your score indicates that you need to plan carefully for your recovery during the holidays.

Severe: If you checked seven or more items, the holidays add a major amount of stress to your life. Relapse prevention means learning how to recognize added stress and taking extra care during dangerous periods. Your score indicates the holidays are one of these periods for you.

NO ONE HAS TO RELAPSE. NO ONE BENEFITS FROM A RELAPSE. THINK ABOUT YOUR RECOVERY PLAN. ADD SOME MEETINGS. SCHEDULE YOUR TIME. SEE YOUR COUNSELOR. TO GET THROUGH THIS STRESSFUL TIME, USE THE TOOLS THAT HAVE HELPED YOU STAY ABSTINENT IN RECOVERY.

